



Chicken and Melon Salad

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



259 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce water chestnuts sliced canned
- ☐ 2 cups celery chopped
- ☐ 6 cups chicken meat cubed cooked
- ☐ 1.5 teaspoons curry powder
- ☐ 2 cups grapes seedless
- ☐ 1 wedges honeydew melon
- ☐ 0.5 cup yogurt plain
- ☐ 10 servings salt and pepper to taste

☐

0.5 cup cup heavy whipping cream sour

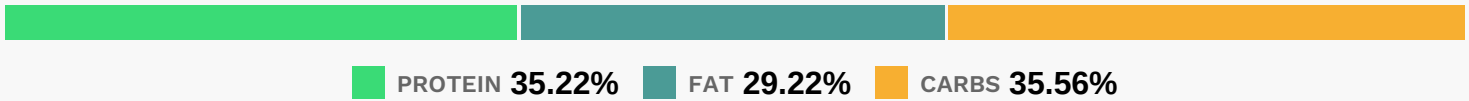
Equipment

- ☐ bowl
- ☐ melon baller

Directions

- ☐ Cut melon in half, and remove seeds. With a melon baller, scoop out melon balls; place in a large salad bowl.
- ☐ Add chicken, celery, and grapes to melon.
- ☐ Add water chestnuts if desired.
- ☐ In a small bowl, mix together, sour cream, yogurt, and curry powder. Gently stir into salad. Season with salt and pepper to taste.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:2.59, Inflammation Score:-5, Nutrition Score:13.2299999939385%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.58mg, Apigenin:
0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg
Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg,
Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 258.93kcal (12.95%), Fat: 8.52g (13.11%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 23.33g (7.78%), Net
Carbohydrates: 20.73g (7.54%), Sugar: 17.19g (19.1%), Cholesterol: 71.38mg (23.79%), Sodium: 308.67mg (13.42%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.1g (46.23%), Vitamin B3: 7.43mg (37.17%), Selenium: 22.67µg
(32.38%), Vitamin C: 25.29mg (30.65%), Vitamin B6: 0.57mg (28.31%), Phosphorus: 214.48mg (21.45%), Potassium:
674.16mg (19.26%), Vitamin K: 14.6µg (13.91%), Vitamin B2: 0.22mg (12.8%), Vitamin B5: 1.22mg (12.16%), Zinc: 1.7mg
(11.31%), Fiber: 2.6g (10.41%), Folate: 40.45µg (10.11%), Magnesium: 39.98mg (9.99%), Iron: 1.8mg (9.98%), Vitamin B1:

0.14mg (9.08%), Copper: 0.17mg (8.26%), Manganese: 0.14mg (7.14%), Vitamin A: 295.8IU (5.92%), Calcium: 58.21mg (5.82%), Vitamin B12: 0.31µg (5.22%), Vitamin E: 0.43mg (2.88%)